



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Top Dog Badminton (Singles or Doubles)

Grade Level: 6-8

Equipment

- Badminton Rockets & Shuttlecocks for singles and doubles matches

Fitness/Skill Components

- Game Play and Strategy in competitive situations

Organization

- Players are randomly assigned a court and begin playing singles or double depending on teacher's directions.
- Courts are numbered from highest to lowest.

Description

- Games begin as soon as players take the court. All appropriate rules apply.
- When a player wins a game, s/he moves up to the next court. If s/he loses, they move down a court.
- If a player wins on court #1, s/he remains on the court. If a player loses on the bottom court, he/she remains on that court.

Teaching Suggestions

- In classes with large numbers, games can be timed to be 5 to 6 minutes long. When time expires, the player with the highest score advances. If the score is tied, they may play an additional point.
- Those waiting to play may walk around the boundary of the gym or act as retrievers and scorers.
- After two game periods, flip the order of the courts. Thus those who have been playing at the bottom of the ladder will be at the top.

Now Try This

- When playing doubles, have each pair of partners switch with their opponents as they move up or down the courts. Thus everyone in class will be playing with a new partner each game or time period.



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